

2021 WRC Track Meet

Thursday, May 13th

Location: Willoughby South High School

Games Committee:

The Games Committee will be made up of all head coaches in the conference who have an interest in being on the committee. The Games committee will be responsible for communicating with Spire, The Principals and Athletic Directors of the Western Reserve Conference. The Games Committee shall email all pertinent information in regards to the conference meet to each school's, Principal, A.D. and Head Coach.

Marks are due **Wednesday, May 12th at 6:00 pm** via Baumspage.com

3 Competitors per event

Standard Invitational format

Entry Window Opens April 10th at 8:00 am

Entry Window Closes Wednesday, May 12th at 6:00 pm

Seed Meeting:

No seed meeting this year. We will post a performance list on Baumspage by 6:30pm. If you have any objections you can call Jim Mormino at 440-773-4239 or Matt Luck at 440-725-9387. You can also email either of us at james.mormino@weschools.org or matt.luck@weschools.org. We will then contact the coach to verify any marks. If not verifiable, the athlete will be given a mark of NT or ND. All times should be FAT, if they are not then .24 needs to be added to the time.

Awards:

1st Place

2nd Place

3rd Place

Team Camps:

Team camps will be held in the Visitor side and Home side in designated sections only. Please see map for assigned sections.

Water:

Please bring your own water. Our athletic trainer will have some water coolers but will not provide any cups or bottles. Please bring your own.

Covid-19 Reminders:

Masks are to worn at all times while not competing. Please keep a 6' distance for social distancing. Please bring your own water.

Workers/Volunteers:

Each program (boys and girls are separate) will be required to provide four volunteer workers for the track meet. Please refer to the attached work sheet to see your given responsibilities. Please email Jim Mormino at james.mormino@weschools.org with a list of your workers and volunteers. A list of volunteers and workers will be with the gate workers.

Bus Parking

Buses arriving early and staying will need to park in the upper lot by Rt. 84 (See attached map). If a later bus is arriving it will be allowed to park on the access road in-between the stadium and the Field House. Please go to the end of the road, North of the stadium and stop at the stop sign. This is the same way we park for football games.

Spectator Parking

Parking is located at the home side of the stadium. Please enter from Euclid Ave.

Athletes Arriving Late:

Please send a list of athletes arriving late to Jim Mormino at james.mormino@weschools.org. The list will be given to the workers at the gate. If your name is not on the list you will be required to pay admission.

Gate:

Admission will be charged; Cost: \$5.00 per person.

There will be three gates (Home, Visitor and throws area). Pass list will only be at the Home gate.

Pass List:

Please send Jim Mormino at james.mormino@weschools.org a pass list of potential administrators and coaches that will be attending the track meet.

Times/Distances/Marks:

All marks must be verifiable. The games committee must be able to find marks on Baumspage, Milesplit or in the News-Herald. If we cannot find a verifiable mark the athlete will be given a NT, ND, NH and seeded accordingly. Sprint times and jumps strongly aided by wind should not be used, but this will be left to the discretion of each coach.

Flights/Heats:

Flights are set up in the Shot and Discus with the final flight consisting of the top eight competitors according to their verifiable seed marks.

100m/200m/110H/100H/400m/300IM:

Three heats against time. The third heat will consist of the fastest eight competitors according to their verified seed marks.

800m:

To be run in one heat. If second heat is needed the games committee will decide.

1600m/3200m:

There will be one heat of each race with up to 6 competitors placed per two-lane alley for a one-turn stagger.

Long Jump/Discus/Shot Put:

These events will be contested with finals. Each athlete will receive three attempts. We will take the top nine to finals and each athlete will receive 3 additional attempts. Long jump will be open pit for 45 minutes for the first three attempts. Finals in all three events will be in order from last to first.

Time Schedule for Conference Track and Field Meet.

2:00 pm	Coaches Meeting
1:45- 2:15	Implements weighed and inspected
2:30	Field events begin: Girls Pole Vault/Boys Pole Vault to follow Boys Long Jump (Open Pit for 45 min) Girls High Jump Boys Discus/Girls Discus to follow Girls Shot/Boys Shot to follow Boys High Jump (Begins at 4:00 pm) Girls Long Jump (To follow boys- 3:45pm start warm-ups on second runway)
4:00	Running Events - Finals begin 4*800m Relay G 4*800m Relay B
5:30	Track Events- Finals

Five minutes before the finals of the 100m Hurdles National Anthem will be performed.